

LUNCH & LEARN

September 15, 2022

Coastal Bend Business Innovation Center
10201 SPID Corpus Christi, TX 78418

11:30AM – 1:00PM



Dr. W. Scott Sherman
Professor of Management
College of Business
Texas A&M University-Corpus Christi

Talking to Yourself: Coaching Yourself to Success

Getting insight and direction from a coach can help transform your goals into realities. An alternative is to self-coach. This interactive session will present the basics of self-coaching, provide hands-on training, and discuss other coaching alternatives.

For more information please contact
Melissa Windle at 361-825-3531 or
Melissa.Windle@tamucc.edu



Scan Here to Register
for the Lunch & Learn!



COASTAL BEND BUSINESS
INNOVATION CENTER
AN EDA UNIVERSITY CENTER



COLLEGE OF
BUSINESS